KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentry and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if the trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

BUILDING THE "IGLOO."

How the Eskimos Erect a Snow House in Labrador.

Only one thing, the assurance of a night's shelter of comparative comfort, makes a winter's sledge journey across the desolate, interminable wastes of Labrador bearable. The method of securing this shelter is described by Dr. S. K. Hutton in "Among the Eskimos of Labrador."

"What will you do if you cannot reach home?" I asked Johannes, one afternoon, as we labored through the drifting snow, in the teeth of an arctic storm.

"Stop and build a snow house," said he.

"Will you be able to find good snow in this weather?"

"Find good snow?" said Johannes, with a look of surprise. "I can always find good snow."

When the afternoon light began to grow dull, he pulled out one of the big snow-knives, an appallnig weapon, with a bone handle and a blade a yard long Brandishing this, he trotted from side to side, prodding here and jabbing there. He was "finding snow." Soon Julius stopped the sledge, and they held a consultation

When the place was chosen,—it was a gently sloping hillside, for there the snow hardens the best,—my drivers were soon at work. Each man armed himself with his huge snow-knife, and between them they marked a circle on the snow. Then Johannes retired to the middle and began to dig. He first made a wedge-shaped hole, to give himself a start; and then from the sides of the hole he carved great slabs of the frozen snow. I judged them to be about six or eight inches thick, two or three feet long and eighteen inches high, and they were nearly as heavy as stone.

Johannes just tumbled them out of his hole as fast as he could cut them, and as the hole grew I saw that the slabs were all slightly curved. Julius seized each slab as it toppled out, and carried it gingerly to the edge of the circle. He set the slabs on edge, side by side, and chipped them a little from the top, so that they leaned inward. He pared away the first few with his knife, so that the lowest ring formed the beginning of a spiral. He followed the spiral up, propping each slab against its neighbor, and chipping its edge so that it leaned well inward.

Meanwhile Johannes got nearer and nearer the wall with his digging, and his work got harder and harder, for instead of tumbling the slabs out, he had to pick them up and hand them to Julius over the leaning wall. I thought the wall looked frail and unsafe, but Julius seemed to think otherwise, for he crawled up on it and leaned over to see how Johannes was getting on inside. As a matter of fact, his weight only pressed the slabs together a bit more firmly.

At last the spiral was finished all but the "key-stone." Julius sprawled on the side of the house, while Johannes's hands shoved a big slab through the opening that still remained at the top. Julius laid it over the hole, and chipped the edges away with his knife until it gently dropped into place.

A scraping and trampling noise was next heard inside the house; that was Johannes smoothing the floor. Meanwhile, Julius was filling all the crevices with snow, to keep the wind out.

Soon Johannes was ready to come out. His sword poked out suddenly and slashed a doorway in the wall, and then the man himself crawled out. The house was finished.

KEEP THE SKIN CLEAR

With

CUTICURA

Soap and Ointment

No other emollients do so much for pimples, blackheads, red, rough and oily skin, itching, scaly scalps, dry, thin and falling hair, chapped hands and shapeless nails. They do even more for skin-tortured and disfigured infants.

Although Cuticura Soap and Ointment are sold by druggists and dealers everywhere, a liberal sample of each, with 32-page booklet on treatment of skin and hair, will be sent, post-free, on application to "Cuticura," Dept. 6M, Boston, U. S. A.

SIR HUGH MONTAGUE ALLAN,
Who has retired from the directorate of the Allan Steamship Line.

CAREFUL DOCTOR.

Prescribed Change of Food Instead of Drugs.

It takes considerable courage for a doctor to deliberately prescribe only food for a despairing patient, instead of resorting to the usual list of medicines.

There are some truly scientific physicians among the present generation who recognize and treat conditions as they are and should be treated, regardless of the value to their pockets. Here's an instance:

"Four years ago I was taken with severe gastritis and nothing would stay on my stomach, so that I was on the verge of starvation.

"I heard of a doctor who had a summer cottage near me—a specialist from N. Y.—and as a last hope sent for him.

"After he examined me carefully he advised me to try a small quantity of Grape-Nuts at first, then as my stomach became stronger to eat more.

"I kept at it and gradually got so I could eat and digest three teaspoonfuls. Then I began to have color in my face, memory became clear, where before everything seemed a blank. My limbs got stronger and I could walk. So I steadily recovered.

"Now, after a year on Grape-Nuts I weigh 153 lbs. My people were surprised at the way I grew fleshy and strong on this food." Name given by Canadian Postum Co., Windsor, Ont. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

TENDERNESS REPAID.

A Farmer's Kindness Saved the Life of His Little Daughter.

It was a glorious day in the middle of harvest and the workers were busy in the cornfield. The mighty reaper was going its round, its huge blades cutting and slashing with almost startling rapidity and speed. As it approached a corner of the field several birds were seen to rise suddenly from among the long stalks. The farmer himself was there and on noticing the birds he thought that there would be a nest there. He was a kindly man and as the reaper approached the spot he felt a twinge of pity for the helpless little nestlings, but to stop the reaper would mean trouble, which he knew his men would not take quietly.

The reaper tore along and was almost on the spot, when the farmer sprang forward—he could not let it happen. "Stop!" he cried. 'Stop! There's a nest here. Stop till I remove it." With grumbling and comments on his "softness," which were quite audible to the farmer, his men unwillingly obeyed.

The farmer hastily strode forward to the spot where the birds had risen, and there he saw—which transfixed him with horror—instead of a nest, his own little three-year-old daughter, sound asleep, with a posey of wild flowers clutched in her chubby hand. But for his kind heart in wishing to save the birds he would have seen his own child torn to an awful death.

Plaited skirts always have the plaits taped underneath to keep the straight line.

Many of the new hats are oblong in shape. The brim is faced with black or dark colored velvet, the crown is covered with moire antique.

HOUSE FLIES

are hatched in manure and revel in filth. Scientists have discovered that they are largely responsible for the spread of Tuberculosis, Typhoid, Diphtheria, Dysentery, Infantile Diseases of the Bowels, etc.

Every packet of

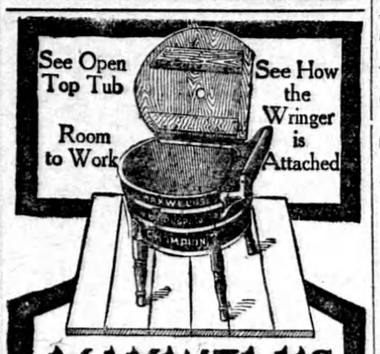
WILSON'S FLY PADS

will kill more flies than 300 sheets of sticky paper.

See Open Top Tub

Room to Work

See How the Wringer is Attached



MAXWELL'S HIGH SPEED CHAMPION

The Wringer Board extends from the side, out of the way of the cover. This allows practically the whole top of the tub to open up—makes it easy to put in and take out clothes.

No other washer has as large an opening. No other washer can be worked with crank handle at side as well as top lever.

Do you use Maxwell's "Favorite"—the churn that makes quality butter?

Write us for catalogues if your dealer does not handle them. 89

DAVID MAXWELL & SONS, ST. MARY'S, Ont.

NOT FOR HERS.

Mrs. Dart—"My husband is just begging me to take that trip around the world, but I can't."

Mrs. Upflatte—"Why not?"

Mrs. Dart—"I always get dizzy when I travel in a circle."

On Sale Everywhere.—There may be country merchants who do not keep Dr. Thomas' Eclectric Oil, though they are few and far between, and these may suggest that some other oil is just as good. There is nothing so good as a liniment or as an internal medicine in certain cases. Take no other. The demand for it shows that it is the only popular oil.

IT DOES INDEED.

First Urchin—"How much have you left?"

Second Urchin—"Two cents."

First Urchin—"Oh, dear! How quickly five cents goes as soon as you break it!"

Low Colonist Rates to Pacific Coast via Chicago and North Western Ry., Sept. 25th to Oct. 10th from all points in Canada to Los Angeles, San Francisco, Portland, Seattle, Victoria, Vancouver, Helena, Butte, Missoula, Kalispell, Pocatello, Nampa, Salt Lake City, Ogden, Grand Jct., etc. Through Tourist sleepers and free reclining chair cars from Chicago. Variable routes. Liberal stop-overs. For information write or call on B. H. Bennett, General Agent, 46 Yonge St., Toronto.

Use your own discretion; that's what it is for.

Minard's Liniment Relieves Neuralgia.

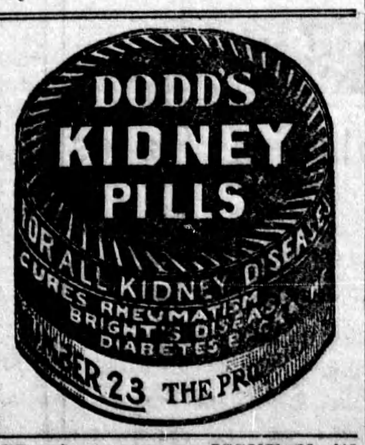
"My dear," inquired a lady of her husband at the Zoo, "if that lion escaped from his cage, whom would you save first—the children or me?" "Me," was the prompt reply.

Corns cannot exist when Holloway's Corn Cure is applied to them, because it goes to the root and kills the growth.

BONY TONES.

Fond Parent—"What key do you think suits my daughter's voice best?"

Cruel Teacher—"My dear madam, your daughter's voice is so thin, I should suggest a skeleton key."



Delicious—wholesome—no scales—no bones—packed in purest Olive Oil.

KING OSCAR SARDINES

Get Them From Your Grocer

Trade supplied by John W. Bickle & Greening, Hamilton

WHY MITFORD WEPT.

It was the habit of Lord Eldon, in recalling the time when that great but not entirely noble Englishman was attorney-general, to close his speeches with some remarks justifying his own character.

At the trial of Horne Tooke, Eldon, speaking of his own reputation, said, "It is the inheritance I have to leave my children, and by God's help, I will leave it unimpaired."

Here he shed tears, and to the astonishment of those present, Mitford, the solicitor-general, also began to weep.

"Just look at Mitford!" said a bystander to Horne Tooke. "What on earth is he crying for?"

"He is crying to think what a small inheritance Eldon's children are likely to get!" replied Tooke, whose wit was ready and biting.

BREAD A FOOD FOR AGES.

Unleavened bread was common in the days of Abraham. In early England people had no other method of making bread than by roasting corn and beating it in mortars, then wetting it into a kind of coarse cake. In 1596 rye bread and oatmeal formed a considerable part of the diet of the middle classes. During the reign of Charles I. barley bread was used. White wheat bread did not become popular until recent years when bread baking at home ceased to become common and bakeries began to thrive.

When ironing and folding tablecloths fold one week in three and the next in four. This will prevent them from wearing thin at the folds.

Cholera and all summer complaints are so quick in their action that the cold hand of death is upon the victims before they are aware that danger is near. If attacked do not delay in getting the proper medicine. Try a dose of Dr J. D. Kellogg's Dysentery Cordial, and you will get immediate relief. It acts with wonderful rapidity and never fails to effect a cure.

Two are company; three a house party.

Minard's Liniment Cures Burns, Etc.

THE EASIEST WAY.

Marks—"Why do you allow your wife to run up such big bills?"

Parks—"Because I'd rather have trouble with my creditors than with her, that's why."

A Remedy for Bilious Headache.—To those subject to bilious headache, Parmelee's Vegetable Pills are recommended as the way to speedy relief. Taken according to directions they will subdue irregularities of the stomach and so act upon the nerves and blood vessels that the pains in the head will cease. There are few who are not at sometime subject to biliousness and familiar with its attendant evils. Yet none need suffer with these pills at hand.

NO CHANCE TO GET MESSED.

"How fine her hair always looks."

"Yes, she never sleeps in it, you know."

Minard's Liniment Cures Dandruff.

MAKING OF DRUG FIENDS.

A Canton, Ohio, concern was convicted of selling a soft drink containing cocaine. The court considered a $25 fine sufficient punishment. A St. Louis house sold a powder for infants that was said to making "teething" easy; it contained opium. A $10 fine was sufficient punishment. An "agreeable and efficient tonic" was found to contain cocaine, although the presence of this drug was not stated. In this case the court suspended sentence. "Some day," says the Journal of the American Medical Association, "a court may be found that will consider the crimes of making drug fiends of young people, of poisoning babies with opium mixtures, or of killing women with headache powders, as serious offenses."

Dr. Morse's Indian Root Pills

are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula or the pills. Dr. Morse's Indian Root Pills are a household remedy throughout the world for Constipation and all Kidney and Liver troubles. They act promptly and effectively, and 49

Cleanse the System

QUITE OPTIONAL.

"When does the half-past five train leave?" asked a man of a railway porter.

"Five-thirty," was the reply.

"Well," continued the querist, "the church clock is twenty-seven minutes past, the post-office clock is twenty-five minutes past, and your clock is thirty-two minutes past. Now which clock am I to go by?"

"Yes can go by any clock yer like," responded the porter, "but yer can't go by the train, for it's gone!"

A WONDERFUL DISCOVERY

An eminent scientist, the other day, gave his opinion that the most wonderful discovery of recent years was the discovery of Zam-Buk. Just think! As soon as a single thin layer of Zam-Buk is applied to a wound or a sore, such injury is insured against blood poison! Not one species of microbe has been found that Zam-Buk does not kill!

Then again. As soon as Zam-Buk is applied to a sore, or a cut, or to skin disease, it stops the smarting. That is why children are such friends of Zam-Buk.

Again. As soon as Zam-Buk is applied to a wound or to a diseased part, the cells beneath the skin's surface are so stimulated that new healthy tissue is quickly formed. This forming of fresh healthy tissue from below is Zam-Buk's secret of healing. This is why Zam-Buk cures are permanent.

Only the other day Mr. Marsh, of 101 Delorimer Ave., Montreal, called upon the Zam-Buk Co. and told them that for over twenty-five years he had been a martyr to eczema. His hands were at one time so covered with sores that he had to sleep in gloves. Four years ago Zam-Buk was introduced to him, and in a few months it cured him. To-day—over three years after his cure of a disease he had for twenty-five years—he is still cured.

All druggists sell Zam-Buk at 50c. box, or we will send free trial box if you send this advertisement and a 1c. stamp (to pay return postage). Address Zam-Buk Co., Toronto.

A CURE.

Judge—"Why did you steal the gentleman's purse?"

Prisoner—"I thought the change would do me good."

To Men Who Live Inactive Lives.—Exercise in the open air is the best tonic for the stomach and system generally; but there are those who are compelled to follow sedentary occupations and the inactivity tends to restrict the healthy action of the digestive organs and sickness follows. Parmelee's Vegetable Pills regulate the staomach and liver and restore healthy action. It is wise to have a packet of the pills always on hand.

THAT DECEPTIVE.

She—"You deceived me when I married you."

He—"I did more than that, I deceived myself."

Caterhall, Nfld.

Minard's Liniment Co., Limited.

Dear Sirs,—While in the country last summer I was badly bitten by mosquitoes, so badly that I thought I would be disfigured for a couple of weeks. I was advised to try your Liniment to allay the irritation, and did so. The effect was more than I expected, a few applications completely curing the irritation, and preventing the bites from becoming sore. MINARD'S LINIMENT is also a good article to keep off the mosquitoes.

Yours truly,

W. A. V. R.

"No, sir," said a stern father, "my daughter can never be yours." "I don't want her to be," replied the young man, coldly; I want her to be my wife!"

No child should be allowed to suffer an hour from worms when prompt relief can be got in a simple but strong remedy—Mother Graves' Worm Exterminator.

It costs a lot of money to keep the school of experience going.

Minard's Liniment for sale everywhere.

GRAINS OF GOLD.

There is nothing in which people betray their character more than in what they find to laugh at.—Goethe.

Before the State, before her husband, a mother is responsible for her children's upbringing.—Mrs. Alice Hammond.

Man can scarcely be under a greater delusion than to suppose that he can in any instance add to his happiness by a sacrifice of principle.—Dr. Johnson.

Education commences at the mother's home; and every word spoken within the hearsay of little children tends toward the formation of character.—Ballon.

The race is divided into two classes—those who go ahead and do something, and those who sit still and inquire "Why wasn't it done the other way?"—Oliver Wendell Holmes.

We must all be ready somehow to toil, to suffer, to die. And yours is not the less noble because no drum beats before you when you go out into your daily battlefields, and no crowds shout about your coming when you return from your daily victory or defeat.—R. L. Stevenson.

FRAGRANT AND DELICIOUS

millions who drink it recom mend

LIPTON'S TEA

Goes farthest for the money

FARMS FOR SALE.

H. W. DAWSON, Ninety Colborne St., Toronto.

OVER FIFTY GOOD IMPROVED Farms in Manitoba, Saskatchewan and Alberta at right prices on easy terms.

FRUIT FARMS IN THE BEST FRUIT district of Ontario. All sizes at right prices.

IF YOU WANT TO BUY OR SELL A stock, grain of dairy farm consult me. H. W. DAWSON, Toronto.

H. W. DAWSON, Toronto.

MALE HELP WANTED.

LEARN THE RAILWAY STATION work and earn more money than in any other trade. We qualify for all Canadian Railways. Positions secured. Write for Free Book 18. Dominion School Railroading, Toronto.

MISCELLANEOUS.

HAY AND FARM SCALES. Wilson's Scale Works, 9 Esplanade, Toronto.

CANCER, TUMORS, LUMPS, etc. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co. Limited, Collingwood, Ont.

6 TON SCALE GUARANTEED. Wilson's Scale Works, 9 Esplanade, Toronto.

GALL STONES, KIDNEY AND BLADder Stones, Kidney trouble, Gravel, Lumbago and kindred ailments positively cured with the new German Remedy, "Sanol," price $1.50. Another new remedy for Diabetes-Mellitus, and sure cure, is "Sanol's Anti-Diabetes." Price $2.00 from druggists or direct. The Sanol Manufacturing Company of Canada, Limited, Winnipeg, Man.

DYEING! CLEANING!

For the very best, send your work to the "BRITISH AMERICAN DYEING CO."

Look for agent in your town, or send direct.

Montreal. Toronto. Ottawa. Quebec

LANGMUIR'S CREOSOTE Shingle Stains

Protect — Preserve — Beautify

Samples and Booklets on Application

JAMES LANGMUIR & CO., Limited

1874½ Bathurst Street TORONTO

TELEGRAPHY

and Station Agents' work in all its details are included in the course of training included in the Central Telegraph School, 2 Gerrard St. E., Toronto. Correspondence invited. T. J. Johnston, Prin. W. H. Shaw, President.

Maypole Soap

CLEANS AND DYES

Gives rich glowing colors, fadeless in sun or suds. Dyes cotton, silk, wool or mixtures. Use it yourself at home. No trouble—no muss. 24 colors—will give any shade. Colors 10c, black 15c, at your dealer's or postpaid with booklet "How to Dye" from

106

F. L. BENEDICT & CO. Montreal

Anti-Dust

disinfectant sweeping powder, is a life-preserver because it kills all disease germs.

Floors clean; carpets bright; home fresh and sweet. No dust while sweeping.

Ask your Dealer for it.

MacLaren Imperial Cheese Co. Limited

Sole distributors for Ontario

THE SAPHO MFG. CO., Limited Montreal

FOR sunburn, windburn, cracked lips, chaps, roughness or irritation after shaving, try

NA-DRU-CO Witch Hazel Cream

Its creamy ingredients soothe and soften the outer skin, while the Witch Hazel penetrates and heals the deeper tissues. Delightful after shaving or washing.

25c. a bottle, at your druggist's.

NATIONAL DRUG AND CHEMICAL CO. of Canada, Limited. 187

BOTH HAD ABILITY.

A man left his umbrella in the stand in a hotel, with a card bearing the following inscription attached to it: "This umbrella belongs to a man who can deal a blow of two hundred and fifty pounds weight. I shall be back in ten minutes."

On returning to seek his property he found in its place a card thus inscribed: "This card was left here by a man who can run twelve miles an hour. I shall not be back."